

Keys to Recovery

Minneapolis VA Health Care System

Created and Edited by Veterans Bridge to Recovery Members and Staff



In This Issue

The Return of Keys to Recovery	1
VA Community Resource and Referral Center	1
Attributes of a Leader (poem)	2
Veterans Upward Bound	3
New Year, New You?	3
Community Events	4
Winter Activities	5



The Return of Keys to Recovery

We are back! The Veterans Bridge to Recovery program is settled in our new downtown Minneapolis location and ready to get Keys going again. As always, we welcome your writing for publication. We welcome writing from all veterans, especially about topics that can help others lead healthier, happier, more informed lives. You can send items several ways:

- Send an email with your article or poem to KeysToRecovery@gmail.com
- Mail your article to VBR Staff/CRRC, 1201 Harmon Place Suite 103, Minneapolis, MN, 55403
- Bring your article to the mental health clinic (1p-154a) and ask the clerical staff to give it to Dr. Hoffman-Konn

If you would like your name published with your article, you must sign a release of information form. If you would like your article published without your name, we will publish it as by "A Fellow Veteran."

VA Community Resource and Referral Center

You may remember we told you about the new center in downtown Minneapolis for homeless veterans and veterans in the VBR program. The center is now called the VA Community Resource and Referral Center. It is a place where veterans experiencing homelessness can get VA and community services, including mental health care, primary care, and help with benefits. The center is at 1201 Harmon Place, near the corner of Harmon Place and 12th Street, one block off Hennepin Avenue. The phone number to get more information is 612-313-3240.

Attributes of a Leader

A Poem By A Fellow Veteran

Let us invade the mind of one young adolescent whose thoughts were clear and heart was pure
He came to understand right and wrong and used that knowledge to set his actions in his heart assured
This application of thought took self-control and resistance, but fair choices he made
Savagery and bitterness were accompanied with self-will to obey the commandments he stayed
Deep down inside of him he sometimes wanted to fight, to let his anger burst open impulsively
With wisdom he did not surrender to such behavior, instead he took to his principles
A leader he had become for it is the way of the world that those who have knowledge lead it in action
Books often do not sway the population such as a person determined in actions whereon
With pressure put on them, they stand firm and unalterable in the values set before them
He avoided topics of pleasing others that carried the burden of deception to advance his own situation
It was a divine kindness that went with an understanding that he did what was best for others
The strong adolescent had wise words and kind actions that reflected himself that others revered
He knew what was right and was unshakable in that respect
As a man he was an instructor and an inspiration by many others whom he connected
Defending himself was not the problem but letting others hear his truest words came at a price in the end
Accused of many things did not trouble him in the least because he did not bend
Joy followed him in life for in good company he found himself with others
They lead their accusers by example and turned their words into favor
They said of him that in ways of power of his thoughts and actions he did not take sin into account
That the community grew and as such he truly supported each position in it as they did count
They acknowledged that each day he worked liked it was the Sabbath
He became a father who took a disciplined approach with his son to curb him from an erroneous path
He told these words that were taken in thought by his son
The child realized that his father saved him the mistakes of selfishness and replaced it with wisdom

Know what forces work behind nature to protect you from death
Seek the knowledge of elders to gain wisdom in every form manifest
Understand nature as it is, that is a higher intelligence
The spectrum of thought is within your mind, but truth shines through everything that makes sense
Be not afraid to stand in when there are unforeseen catastrophes
Resist temptations for you should be focused on the divine knowledge gladly
Hatred, anger and lust are temporary emotions and are self-destructive; everything is united
Those who are giving in their ways can find salvation in the world
Move with unselfish motive to help others in what is best for them
To the death of us all will falter, so be at your best to be blessed by the light that comes after.

Do you want to see your writing in Keys to Recovery? We welcome articles, poems, tips, suggestions, information about community events, and other helpful items from veterans and their supporters. Please feel free to email your thoughts to KeystoRecovery@gmail.com.

Veterans Upward Bound



Source: <http://www.minneapolis.edu/Student-Services/Trio-Programs/Veterans-Upward-Bound>

Have you thought about getting more education?

Veterans Upward Bound is a FREE college prep program for veterans interested in brushing up their skills and going to college. There are many services available, including classes, individual tutoring, GED preparation, financial aid counseling, help with enrollment, and help finding veteran-specific benefits. They pride themselves on individualizing their approach. Veterans who have been through their program report enjoying the personal attention and the assistance with meeting their educational goals.

You can find out more by looking at the website listed above or calling 612-659-6580.

New Year, New You?

The New Year is often a time when people think about making positive changes in their lives. Some people make resolutions each New Year's Eve. If you've ever done this, you probably know that some changes "stick" while others don't. Here are a few tips for making your changes part of your everyday life.

1. Make small changes. For instance, if you don't exercise, don't tell yourself you'll exercise daily for an hour. Instead, look for ways you can put more activity in your daily routine. Walk an extra block to the next bus stop, park a little farther away, take stairs, get up & walk around during commercial breaks, etc.
2. Be specific about what you're going to do. Instead of saying "I'll be more social" try saying "Each day I'll say hi to one person I don't know."
3. Reward yourself for progress. Each time you meet one of your goals, take time to think about your accomplishment. Give yourself a pat on the back, or do something special for yourself.
4. Share your goal with someone: if other people know you're working on something, you might be more likely to follow through. Other people can support you making changes.
5. Write down your goal. If you are reminded of your goals every day by seeing them written down somewhere, you're more likely to think about them & do something about them.
6. When you get off track, DON'T BEAT YOURSELF UP. Instead, ask yourself what needs to happen for you to get back on track. For instance, if you're skipping your morning meditation/mindfulness practice because you're tired, you might try going to bed a bit earlier.

This web address includes information about setting goals. Even though it's from a site called Kids Health, it applies to adults! Check it out for more information & resources:

http://kidshealth.org/teen/drug_alcohol/getting_help/goals_tips.html



Community Events

Are you aware of events in your area that might interest other vets? If so, please feel free to send information to Keys staff at KeystoRecovery@gmail.com.

Did you know your local library has a variety of free activities? Check out these offerings at Hennepin County Libraries:

Commemorating Controversy: The Dakota – U.S. War of 1862 Exhibit

[Plymouth Library](#) , February 1–February 28

This exhibit is produced by Gustavus Adolphus College students in conjunction with the Nicollet County Historical Society. Twelve informational panels explore the war's causes, voices, events and long-lasting consequences. Historical objects provided by the Ramsey County Historical Society also will be on display. In spring 2013, the library and community organizations will be presenting programs surrounding the 2013 Plymouth Reads selection, "Spirit Car: Journey to a Dakota Past," by Diane Wilson.

Friends Meeting, [Oxboro Library](#)

Tuesday, Jan. 8, 6:30–7:30 p.m.

Tuesday, Feb. 12, 6:30–7:30 p.m.

Join fellow library enthusiasts to hear what's happening at Hennepin County Library. Help support your local library by planning and volunteering at book sales, programs, and special events. The Friends look forward to meeting you. General membership meeting.

Writing Your Story, [Sumner Library](#)

Thursdays, Jan. 17, Jan. 24, Jan. 31, Feb. 7, Feb. 14, Feb. 21 & Feb. 28, 4:30 – 6 p.m.

Discover your distinctive voice in creative writing with instructor Peter Blau. Various formats are explored, including journaling and memoir-writing. Beginning and experienced writers welcome. You may start with any session. Bring your favorite pen, paper and your imagination.

Laughter Yoga, [Sumner Library](#)

Saturday, Jan. 5, 11a.m.–noon

[Register Online](#) or call 612-543-6875.

Lighten up! Laughter yoga combines unconditional laughter with yogic breathing to bring about good health, joy and peace. Come as you are. No mat needed.

Here are websites for other libraries around Minnesota and Wisconsin. Check out what they have to offer:

Rochester, MN: <http://www.rochesterpubliclibrary.org/>

Blue Earth County: <http://www.beclibrary.org/>

Rice Lake, WI: <http://www.ricelakelibrary.org/>

Scott County: <http://www.scottpublib.org/>

Sometimes culture is cheap—check out these Twin Cities freebies:

Minneapolis Institute of Arts, www.artsmia.org: free general admission daily

Walker Art Center, www.walkerart.org: free admission Thursdays 5p-9p and the first Saturday of each month

Minneapolis Sculpture Garden, <http://garden.walkerart.org/index.wac>: always free! Open daily.

Como Zoo & Conservatory, <http://www.comozooconservatory.org/>: free, suggested donation

Northwest Airlines History Centre, <http://www.nwahistory.org/home.htm>: free, suggested donation

Winter Activities

St. Paul Winter Carnival, St. Paul

January 24th – February 3rd

Top events include the \$10,000 Medallion Hunt, snow sculptures, ice carving, and Red Bull Crashed Ice. The celebration wraps up on the evening of Feb 2nd with fireworks. www.winter-carnival.com or [651-223-4700](tel:651-223-4700).

City of Lakes Loppet Ski Festival, 1301 Theodore Wirth Parkway, Minneapolis

February 2nd and 3rd

The City of Lakes Loppet is a cross-country ski festival featuring the beautiful trails and lakes of the Twin Cities. www.cityoflakesloppet.com, or 612-604-5330

US Pond Hockey Championships, Lake Nokomis, Minneapolis

January 18-20th

Pond hockey is played the way nature intended — outside in the elements during the absolute coldest time of year. www.uspondhockey.com

Get out and play in the snow! Visit your favorite ski hill, cross country/snow shoeing trail, skating rink, or take the kids tubing! There are several places to visit in the metro area and around the State as well.

Recommendations include:

- **Afton Alps**, Hastings, MN. Downhill, cross country and snow tubing, www.aftonalps.com, [651-436-5245](tel:651-436-5245)
- **Minnesota Valley National Wildlife Refuge**, Bloomington, MN. [952-854-5900](tel:952-854-5900). Strap on your free snowshoe rental and explore the trails along the MN River.
- **Theodore Wirth Park**, Golden Valley, MN. www.minneapolisparcs.org, [763-522-4584](tel:763-522-4584)
- **Welch Village**, Welch, MN. www.welchvillage.com, [651-258-4567](tel:651-258-4567)
- **Wells Fargo Winter Skate**, Landmark Plaza in Downtown St. Paul. Free, outdoor, artificially chilled ice skating rink. Skate rental is \$2 or free with proof of Wells Fargo Credit/Debit Card. More information at www.wellsfargowinterskate.com. [651-292-3233](tel:651-292-3233)

